

AAU Ice Hockey

May 1, 2019

Season 8 - Edition 4

2019 AAU Hockey & ORHL North American Championship Summary

March 1–3, 2019 marked the dates of our AAU North American Championships, which were held in London, Ontario, Canada. AAU and the ORHL hosted an international lineup totaling 51 teams, which included clubs from New York, Michigan, Quebec, Alberta and Ontario.

A total of 113 hockey games were played over the Championship weekend. Many were close games with 1 or 2 goal differentials.

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Sports for all, Forever



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Published quarterly for the benefit and interest of AAU Ice Hockey participants.



Publishing date	Article Deadline	The primary emphasis for each edition.
August 1	July 15	Pre-season announcements for leagues, tournaments & Nationals.
November 1	October 15	Articles & Updates submitted by Leagues, Tournaments & Teams.
February 1	January 15	Pre-Nationals edition. As well as any Notices about the Spring Season. Also including more Articles, Standings and Updates submitted by Leagues, Tournaments & Teams.
May 1	April 15	Season's wrap-up, plus discussions and plans for the next season.

2019 AAU Hockey & ORHL - North American Championship Summary (continued)



Congratulations to our winning AAU Championship teams:

- Novice (2010-2011) -** Hall Division – **London Cobras Blue**
Marnier Division – **Brant Phantoms**
- Atom (2008-2009) -** **London Red Circle**
- Peewee (2006-2007) -** McDavid Division – **Calgary AMP**
Matthews Division – **London Cobras Red**
- Bantam (2004-2005) -** Tavares Division - **Carlisle Chill**
Kane Division – **Hamilton Steelcats**
- Midget (2001 – 2003) -** Crosby Division – **Tri City Titans Black**
Ovechkin Division – **Norfolk Nationals**
Gretzky Division – **Peel Predators '04**



Please see the attached link for the complete results from Championship weekend.

<https://orhl.net/Ontario-Rep-Hockey-League-Schedule.aspx>

Thanks to the AAU for the great T-shirts and medals. Lots of AAU visibility was noted during the weekend with the kids sporting the T-shirts.



AAU Coaching Page

by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<http://imotivators.com/>



Fitness and Diet in Sports by: Cheryl Buckley, (registered dietitian & nutrition expert)

If you're an athlete, diet and fitness regimen, and how you care for yourself are explicitly important. It may be something you tell yourself but it can also come from your coaches, trainers, dietitians, etc. Paying attention to what goes into your body is paramount to succeed in the world of sports. An athlete should follow the below steps rigorously if they are serious about success:

Get at least 8-10 hours of sleep everyday

As an athlete, you are constantly pushing your body to the limit. Rest to recover properly and build strength instead of building fatigue. You want to make the most out of your energy and need a chance to recharge.

Listen to your coach

Listen and stick to the fitness plan that your coaches give you. Different sports require a different set of bodily skills, but keeping in shape is universal. Remember what muscles you need to work (throw in some cardio) and continue to strengthen your body every day - and - leave room for recovery days.

Eliminate soda and refined sugars from your diet.

Professional athletes are special because of the care they give their body. They blow off steam once in a great while on the off-season. Junk food will completely slow your body down and affect your body's natural state by throwing everything off. There is no reason, as an athlete, to slow yourself down.

Eat and drink to compete

Eating clean and drinking PLENTY of water is just the first half of what you need to think about when it comes to diet. Athletes eat strategically. This can mean something different for everyone, and there are too many "athlete diets" out there to follow. Try to keep it simple and, again, strategic. Always eat breakfast. Eat complex carbohydrates on the nights before games and on game days (for lasting stored energy). Eat protein after a practice to rebuild strength.

Take care of your injuries

If something does not feel right in your body, it needs to be addressed immediately. It may be more serious than you realize. Ignoring the problem could do permanent damage. It is very important to listen to your body's needs.

Editorial Page

by the AAU Ice Hockey editor: Keith Kloock

Hints for coaching at the 7U & 8U age classifications: Part 4

What is the legacy passed to us by the Greatest Generation?

Thinking back to my childhood and playing hockey as a 7-8 year-old (like a million years ago), what I remember most was playing on the local ponds with almost no adult interference. Yet, I can barely even remember scoring any great goals (which frankly didn't happen that often anyway). Yes, I did also play organized hockey with adult coaches and I do remember some of them. But mostly, I remember just playing on the ponds with friends (about 20 hours per week. Yes, this was before global warming really kicked into overdrive).

Yet, there is one adult that I do remember, he just wasn't a coach. I remember JFK who on May 25, 1961 challenging America to "***before this decade is out of landing a man on the moon and returning him safely to this earth***". And then only 8 years later, I more vividly remember Neil Armstrong stating "***That's one small step for a man, one giant leap for mankind.***" I'm writing this on the anniversary of the Mercury 7 astronaut announcement, which sparked this article. Yes, I'm a bit of a Space Geek, which is probably why I moved to only a few miles from NASA. Heck, these days I even get to watch launches, from my backyard.

For me, JFK is essentially a symbol of all that was right about the '**Greatest Generation**'. We should remember that they are called the Greatest Generation (not just to be nice to them) but for many very good reasons. Reasons that we should remember and try to pass on.

- ⇒ Their generation grew-up struggling through the Great Depression, knowing what it meant to be hungry and to do without. Also knowing what it was to struggle through a dysfunctional economy. And knowing what it meant for neighbors to help neighbors. Yet, they clawed their way out of this troubled childhood.
- ⇒ When free societies came under attack from fascism, they essentially saved all free nations everywhere. And then post war, rather than remaining as the conquerors, they came home to continue rebuilding American society and raising their families.
- ⇒ Through leaders like JFK (while reaching for the stars and trying to advance democratic principles around the world) they build the Greatest free society and economically empowered Middle-Class in history. Showing Baby-Boomers what greatness truly looks like.

I should note that I also remember other JFK leadership items such as the creation of Peace Corp, his handling of the Cuban Missile Crisis and other events from that era.

From my perspective, JFK was our last great president who chose to lead America with visions and goals that could inspire Americans to greatness. Visions such as "let's explore space, let's go to the Moon and eventually even Mars, let's expand America's standing in the world (not by threats of economic or military power), by helping to advance the lives of other people in other nations. Leading by example to show that the principles of democratic government and freedom within a society are the better basis for any government.

As we raise our children within these troubled times, what legacy will we pass to our children?

USA Ringette

Promoting Ringette in the USA



Ringette is a sport that was invented in Canada in the 1960s as an alternative to hockey for women. The sport is played on ice and borrows rules from several sports including basketball and lacrosse which help to make it the fastest game on ice. The goal of USA Ringette is to grow the sport within the US. More specifically, Michigan Ringette, a regional function within USA Ringette, is actively running ringette programs to promote the sport such as drop-ins open to all, ringette practices with hockey teams, and exchange weekends that pair up visiting ringette teams with local

hockey teams. These are all great opportunities for hockey players to learn ringette in a fun and friendly environment.

In addition, the annual Mid-Michigan Ringette Tournament takes place each spring where Canadian teams are invited to showcase the sport in Michigan and play against local athletes, including Team Michigan and Team USA. The tournament functions as both initial tryouts for Team USA as well as a recruitment event. Team USA competed in the 2017 World Ringette Championships where they brought home a silver medal after a tough loss to Sweden in the gold medal game.



The 2019 tournament takes place May 3-5 in Bay City, Michigan, and includes Team USA tryouts, a skills competition, and friendly games played at the U19 A and Open A levels. It is sure to be a fun event and a great way to see ringette played at a high level.



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USA Ringette would love to see more hockey players try out the sport as it is a great cross training sport for hockey. It encourages teamwork and speed through required passing and a shot clock, and strong offensive strategy through enforced 3 on 3 in the offensive zone. It also improves heads up skating and technique due to the mechanics of carrying the ring compared to carrying a puck. Athletes that play both sports benefit from the carryover, but even more from the differences that hone different valuable skillsets.



Team USA is always looking for women 16 and older who are strong skaters and willing to learn a new sport. The World Ringette Championships are held every second year with the next being in November 2019 in Burnaby, British Columbia, Canada.

USA Ringette would love to work with those interested in learning the sport, whether it be women looking to try out for Team USA, or anyone that simply wants to try a new teamwork- and speed-oriented sport.

If you are interested in learning more about Team USA, the annual tournament, ringette drop-ins, or events, don't hesitate to reach out to USA Ringette:

team.usa.ringette@gmail.com

[facebook.com/teamusaringette](https://www.facebook.com/teamusaringette)

Promoting Ringette in the USA



AAU League Pages

New Missouri league forming: Hockey Club of St. Louis

Hockey Club of St. Louis

After 2 years of successfully testing the AAU hockey model in the St. Louis Region under the brand of STL Octane Elite for the 2009 and 2010 birth years, a group of committed youth hockey coaches and youth hockey advocates in the region have progressed a vision that will permanently provide a full ice platform for the region's 8u hockey players.

In January 2019, the Board of Directors officially established this platform as the **HOCKEY CLUB of ST. LOUIS**. The newly formed hockey club entered the AAU hockey family in March 2019 and officially incorporated in April 2019. The Board has worked with the AAU National Hockey office to solidify the club as the "Official Ice Hockey League" for the AAU-NASH Ice Hockey program in the Greater St. Louis Area. The club will be lead by a Board comprised of 10 directors all of whom have deep hockey backgrounds. Each director has accepted a term of 1-3 years.



"I am very excited about the leadership group we have assembled to progress this exciting vision for youth hockey in the St. Louis region. The Chicago and Michigan regions have both done an effective job in building the AAU brand in their hockey markets and we are following their lead to build a successful full ice hockey league with a focus on youth hockey player development while helping to increase their love of the game" stated Tom Kaiman, President of Hockey Club of St. Louis.

The club's vision is to provide a cost effective environment that allows full ice hockey development for 8u youth hockey players in the St. Louis Region that is a complementary training program to the half ice training model that is currently utilized by the region's hockey clubs. The AAU full ice training program will focus on teaching the full ice game, puck movement, full stride length, backward skating, edge work, and instill a competitive and fun learning environment. We believe the combination of full ice development in conjunction with the small area focused model will lead to the development of the region's strongest players. The board of directors will focus on recruiting the area's finest coaching talent that has shown the ability to successfully teach the game to younger hockey players. A press release will be populated shortly to announce our inaugural season 2019-2020 coaching staff.

A significant key to forming a new youth hockey club is finding a home rink that can support the club's growth vision by supplying the amount of prime time ice needed. The Hockey Club of St. Louis is proud to announce that we have entered into a partnership with Chesterfield Hockey Association to use the new state of the art Chesterfield SportsComplex, in Chesterfield, MO (www.chesterfieldsportscomplex.org) as our long term hockey home. The centrally positioned complex, which will open in the Fall of 2019, will have two sheets of ice and will support our growth model for years to come. The complex does have the ability to add a third sheet as ice demand grows in the region.

The club will be rolling out a website and further communications over the next few weeks on how youth hockey players and their families can be involved in our inaugural season and our vision moving forward.

AAU League Pages

America's largest AAU youth hockey league

Chicago United Hockey League (CUHL) - Continues to Grow chicagounitedhockey.com

In the summer of 2014, close to 20 youth hockey programs met to discuss Mite hockey. Despite actively attempting to keep a reasonable number of Full-Ice games, the clubs were told that they would be permitted no more than 15 games for the 2014-15 season.

It was the middle of June at the time. The season would be starting in less than two months. Nevertheless, all of these programs banded together, formed separate Mite aged programs, and formed the Chicago United Hockey League under the affiliation of the Amateur Athletic Union. There were around 60 teams in three divisions playing travel and one house division that first year. This season, the league consisted of 89 teams at 8U classifications:

Division 1:	18 teams
Division 2:	26 teams
Division 3:	25 teams
House:	20 teams



The CUHL likely has close to 90% of the travel hockey at the Mite level.

Our travel division teams play six seeding round games and are then placed into divisions aimed to create the best parity possible. We then play 16 regular season games and a three-game, round robin playoff format tournament hosted by the Northbrook Jr. Spartans before large crowds. Our House teams play less games with a later starting period designed to let the children focus on fundamentals.

For the past two seasons, we have hosted our own version of the Winter Classic the second weekend in December. Every team plays an outdoor game in one of six outdoor, refrigerated ice rinks in the Chicago area.



We also have recently been contacted by representatives from other geographic areas hoping to gain entry into CUHL. We will be discussing that item in the coming weeks.

We are guided by an 11-person board of "hockey people". We have a single goal of doing whatever we can to provide the best league for the kids that we serve. We let that goal guide us in the decisions we make.

For more information on how to join the CUHL for Spring or Fall, please feel free to contact Tom Gullen, tom@winnetkahockey.com

AAU League Pages

The original AAU youth league and largest within Michigan



<http://mayhl.rsportz.com/>

The **Michigan Amateur Youth Hockey League (MAYHL)** is pleased to have wrapped up another fun season of AAU full-ice **"Real Hockey"**. Michigan's 8th season of providing the best hockey opportunities available and AAU's longest running 7U & 8U full-ice hockey.

A total of 46 teams participated within this season's league with most divisions playing 12 regular season games. Although the vast majority of teams were from the Southeastern Michigan region (aka greater Detroit) teams participated from as far to the north as Port Huron, Flint, Midland and Saginaw, as well as south into Sylvania and Toledo in Ohio.

The regular season included 4 competitive divisions totaling 33 at 8U (for 2010 birth-years and younger) as well as 2 competitive divisions totaling 13 teams at 7U (for 2011 birth-years & younger).

A total of 24 teams made it into Playoff Weekend competing within 8 classifications. Congratulation to Winners and Runners-up.

Winners are shown as follows:



Tier 1 - 2010 Michigan North Stars – State/League Champions



Michigan- Rochester Raptors– State/League Champions

- continued of the following page -

AAU League Pages

The original AAU youth league and largest within Michigan



Adams - 2010 Saginaw Jr. Gears



Norris - Trenton Thunder 10



St.Clair 1 - Plymouth Whalers



St.Clair 2 - Grosse Iles Stars



2011 Adams - 2011 Michigan North Stars - State/League Champions



2011 Norris - 11 Waterford Hawks

AAU League Pages

The largest AAU youth league within Minnesota

Minnesota Made - Choice Hockey League

Minnesota Made's Choice Hockey League wrapped up with a season ending tournament March 6-10, 2019 with all 48 teams participating. While Rookies ended their 1st season of hockey with a jamboree and team pizza parties, Mites, Squirts and Checking levels enjoyed a highly competitive tournament to see which team showed the most improvement and was able to top the rest. Scores were close and competitive spirits battled until the end when time ran out and the last clock determined the champions.

The Vipers, Rough Riders, Stampede, Eagles and Gophers claimed the Mite 2019 First Place titles. While the Rampage came through at the squirt level with a 6-3 victory over the Admirals in the final game.

The Super Checking levels always manage to keep passions heightened and scores close but the Nordiques (SL3, shown right), Bruins (SL2, shown below), and Wild (SL1) were able to finish with the top score as the final buzzers sounded.



Invitations for the 2019/20 season have been sent out and some spots remain open for open free agent registrations as well with evaluations for next years league starting on May 6th. With months of preparation ahead, focus is underway for next year's league as Minnesota Made Hockey looks to add a team to the Super Checking Level 3 and add 2 girls' development teams as well.

After 10 years of highly competitive hockey and focus on individual skill development including attention to safe, effective checking

instruction and execution, Choice Hockey has proven to be a success and the continued growth is proof. The success of the alumni is also a testament to the program. A growing number of athletes that had their start in Choice Leagues and experienced the development the program provides are on rosters across the NCAA Division I hockey programs, playing in the USHL, WHL and were on many of the participating teams in the MN State High School Hockey Tournament this past season. We are proud of our athletes of the past, present and future and look to continue to improve and provide safe, competitive and great hockey development in the future.



AAU League Pages

The largest AAU youth league within Ontario



Ontario Rep Hockey League (ORHL)

The Ontario Rep Hockey League (ORHL), based out of Ontario, Canada, is the largest independent hockey league in the Province. This past season teams playing 965 games within the ORHL organization. There were 83 different teams (including members and guests) that participated. This included 40 "full member teams". Current ORHL full member teams are from London, Brant, Brampton, Burlington, Guelph, Cambridge, Hamilton, Stratford, Oxford and Norfolk. Yet, 43 guest teams also participated from Alberta, Illinois, Michigan, New York and Pennsylvania.

ORHL 2018-2019 divisions included 22 teams participating at Novice (8U), 16 teams at Atom (10U), 14 teams at Peewee (12U), 17 teams at Bantam (14U) and 14 teams at the Midget level.

For the upcoming 2019-2020 season the birth years are as follows:

- ⇒ **Novice (8U - 2011-2012),**
- ⇒ **Atom (10U - 2009-2010),**
- ⇒ **Peewee (12U - 2007-2008),**
- ⇒ **Bantam (14U - 2005-2006) and**
- ⇒ **Midget (2002-2003-2004 with a maximum of 5 players born in 2002).**

We are currently looking at expansion and should grow our member teams by another 10-15 teams this coming season. The ORHL is a league that has no boundaries and no borders. What does that mean.....it simply means we offer every kid the opportunity to play hockey regardless of where he/she lives. We have no restrictions on players requiring releases from past organizations, simply we welcome everyone! The ORHL looks forward to hosting your teams this coming season at any of our events.

Our event schedule for next season is posted on our website at: www.orhl.net. Please reach out at anytime should you have any inquiries, we look forward to seeing you around the rinks.

For more information on how to join the ORHL for Spring or Fall, please feel free to contact us at: commissioner@orhl.net or call Commissioner Kevin McKinnon @ **416-791-8750**

AAU Scholastic League Pages

The largest AAU HS league within Metropolitan New York

AAU High School Hockey Continues to Grow in New York

The High School Hockey League of Nassau County is proud to announce that this season they were renamed the New York Islanders High School Hockey League. Becoming one of the first few High School Leagues to receive official support from an NHL Club as part of their Amateur Hockey initiatives.

The New York Islanders are officially sponsoring the 2018-19 NYS High School Tournament at Northwell Health Ice Center in March 2019 and will be involved in our league in many ways in the future. Please stay tuned for more news about this in the months to come.

The New York Islanders High School Hockey League finished a successful season that saw our participation rates soar with 18 Varsity teams, 15 Junior Varsity teams and 15 teams in our Middle School Division.

The competition in our Varsity Division was fierce with most teams fighting for our six playoff spots up until the final 2 weeks of the season making every game important and with the addition of our Live Scoring online, lots of scoreboard watching while our season ran down.

Our best of three Varsity Finals saw our regular season Champion and eventually NYS Small Schools Champion, Long Beach Marines drop game one to the Cold Spring Harbor Seahawks 2-1, only to come back the next day and defeat the Seahawks 3-2 forcing a game 3 at Northwell Ice Arena, the practice facility for the New York Islanders. The hard-fought game was described as a "Game For the Ages" in a series that has been tabbed the "Best in a Generation". The see-saw affair contained a hat trick by Marines Declan Conway and saw 5 leads changes. Both teams came out physical and proved to each other that they were there to play.

It was an overtime goal by Owen Kaplan at 3:00 of OT that sealed the Championship for the Cold Spring Harbor Seahawks our 2018-19 Varsity Champion.

The East Section in conjunction with the New York Islanders also hosted the Varsity State Championship that saw the same Long Beach Marines win the Small Schools Division with a win over Roy-Hart/Barker/Medina with the Orchard Park Quakers capturing the Large Schools crown.

Please visit us at our new website, <https://www.islandershighschoolhockey.net> where you can get up-to-date schedules, standings, scoring, and news for everything that is happening in the New York Islanders High School Hockey League. Or on Facebook visit <https://www.facebook.com/HS Hockey League of Nassau County/>



AAU League Pages

CPJHL Junior <http://www.cpjhl.com/>

CPJHL growing, expanding for 2019-2020 season

By Matt Mackinder/CPJHL Communications Director

On the heels of the Essa Stallions repeating as the **(CPJHL) Canadian Premier Junior Hockey League** President's Cup champions in March, the league has announced it will be expanding for the upcoming season.

The CPJHL has added the Langton Royals and Shawville Express for the 2019-2020 season, bringing the total number of member teams to nine.

Several college and professional commitments have also been announced since the end of the season. "There are lots of great things happening in our league, and many people are taking notice," CPJHL president Stephane Laveault said. "As we enter our fourth season, we are excited to see what the new season will bring and look forward to continuing to bring a great brand of hockey to Ontario and Quebec."

Langton is a small town located in Norfolk County and was formerly known as Boughner's Corner. It is also the hometown of Canadian dart champion Bob Sinnaeve. "We feel Langton is the perfect town where the CPJHL will grow," Laveault said. "It's a town starved for hockey and we feel the CPJHL is the perfect fit there and in the West Division."

At one time, Langton was home to the Langton Thunderbirds, a junior hockey team that played in the Southern Ontario Junior Hockey League. Jason Do Paco will serve as the Royals' coach and GM.

Shawville is a town of less than 2,000 residents in western Quebec. Eric Gauthier is the Shawville GM. A coach is expected to be named shortly. "With the Maniwaki Mustangs already in Quebec and in our East Division, Shawville will help to strengthen the East", said Laveault. "We are excited to add Shawville for the upcoming season and can't wait to see what the franchise brings to our growing league."

Shawville is the hometown of former NHL coaches Bryan Murray and Terry Murray, as well as their nephew, former Buffalo Sabres GM Tim Murray.

NHL legend Frank "The Shawville Express" Finnigan and former NHL referee Blaine Angus also hail from the Shawville area.

The Maniwaki Mustangs, Langton Royals and Shawville Express are joining the Essa Stallions, Grey Highlands Hawks, Muskoka Anglers, Scarborough Wexford Raiders, Seaforth Generals and Smiths Falls Settlers in the CPJHL lineup for next season.



AAU League Pages

WSHL Junior <http://www.wshl.org/>

Western States Hockey League

The Western States Hockey League (WSHL) completed its 25th Season on April 13, 2019. A quarter century of junior hockey, developing players with the skill and mental toughness to compete at higher levels as the players pursue college hockey or professional careers.



photo by Manny Brizuela

The WSHL started its 25th season with the addition of the Provincial Division with 4 teams located in the provinces of Alberta and Saskatchewan Canada. This has put the WSHL on the international stage operating teams in two major ice hockey countries. Operating in the two countries adds more exposure to its international presence and will add to the already large number of international players currently participating in the WSHL.

The WSHL includes rostered players from the following 23 nations:

USA	Mexico	Norway	Belarus
Canada	Australia	Ukraine	Slovakia
Switzerland	China	Russian Federation	Israel
United Kingdom	Japan	Lithuania	Germany
Italy	So. Korea	Czech Republic	Estonia
France	Sweden	Finland	

The number of international players within the WSHL exceeds 240 players. The WSHL has had a number of players represent their home countries at the IIHF World Junior Championships. A total of 10 reported players took to international competition.

The Dallas Snipers lead the WSHL with four players in Arvidas Domeika (Lithuania U20 D-II), Karolis Krasilnikovas (Lithuania U20 D-II), Leo Selitaj (Croatia U20 D-II) and Axel Orongan (Iceland U18 D-III). The Ogden Mustangs had three players selected with Harry Gulliver (Great Britain U20 D-II), Nikita Boyko (Kazakhstan U18 D-I) and netminder Artur Ogandzhanyan (Ukraine U20 D-I). Great Britain had another WSHL representative as Deakan Fielder, of the Fresno Monsters, manned the blue line. The Southern Oregon Spartans featured Sarp Demirezen (Turkey U20 D-III) while the Cheyenne Stampede caps off the list with Hakan Salt named to the Turkish squad as well.

AAU League Pages

WSHL Junior <http://www.wshl.org/>

The 25th season championship event, the "Thorne Cup" was played over April 9 thru April 13 in Ogden Utah.

The event brought together the top 6 teams in the league, 5 divisional champions and 1 wild card team owning the highest win percentages in regular season play. The teams participating were:

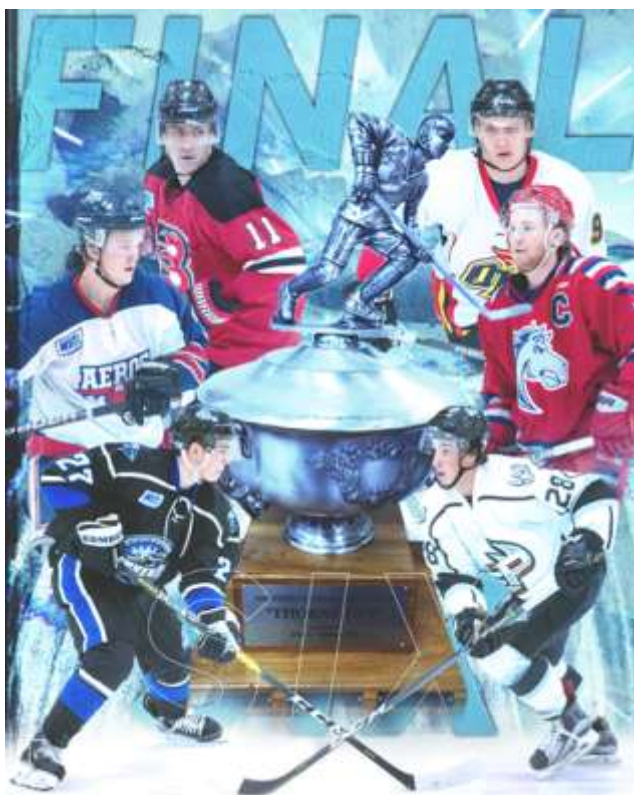
Bellingham Blazers	Northwest Division
El Paso Rhinos	Midwest Division
Long Beach Bombers	Western Division
Ogden Mustangs	Mountain Division
Edson Aeros	Provincial Division
Oklahoma City Blazers	Wild Card Team

The event included a play-in round of three games for each team with the top four teams advancing to the semi finals round. Coming out of the semi final round were the El Paso Rhinos vs. Ogden Mustangs in the Championship game. The Championship game played on April 13 met each of the finalist had to play 5 games in 5 consecutive days. The ultimate victor and Thorne Cup Champion was the El Paso Rhinos taking the cup in a 2-0 victory. At 1

minute left in the game the score at 1-0 in favor of El Paso, the Ogden Mustangs pulled their goalie in a attempt to establish a tie game and take the game into sudden death overtime, however with less than a minute to play, El Paso Rhinos scored a empty net goal.

The All League Team included the following players:

Sebastien Heden	Edson Aeros	Forward
Harri Koll	Oklahoma City Blazers	Forward
Samuel Sykes	El Paso Rhinos	Forward
Ian Currie	Ogden Mustangs	Forward
Rhett Rampinelli	Ogden Mustangs	Forward
Marin Dubsky	El Paso Rhinos	Forward
Dominic Loubert	Oklahoma City Blazers	Defense
Justin Dubecky	El Paso Rhinos	Defense
Donald Alchin	El Paso Rhinos	Defense
Ryan Mascali	Ogden Mustangs	Defense
Richie Parent	El Paso Rhinos	Goaltender



AAU League Pages

WSHL Junior <http://www.wshl.org/>

The WSHL honored team owner Lori Miller - Ogden Mustangs who has hosted both the 2016-2017, and 2018-2019 Thorne Cup series with the MVP award.

The 2018-2019 season was a tremendous success in all phases of the game. 23 teams playing over 600 games, a college showcase with over 130 college coaches in attendance recruiting players for the coming season. The governors and coaches of the individual teams could not be more satisfied with the quarter century result. The college freshmen entering college in the fall of 2019 will likely be the largest number yet for the WSHL.

Not only did the WSHL expand internationally in the 2018-2019 season with teams in Canada, but also had to establish a officiating cadre officiate games in Canada. Directors of Officiating Roger Klein and Braden Grinstead with fairly short notice established the group of officials of over 2 dozen certified officials to work games in Canada.

As the WSHL ends it's 25th season on April 13, April 14th brought on the beginning and planning for it's 26th season. In May all of the teams and league management will meet in Las Vegas NV to finalize plans for the 26th season, set new policies and protocols for all teams, complete the game schedule, as well as welcoming the Pueblo Bulls (Colorado), Las Vegas Thunder (Nevada), and Slave Lake Ice Dogs (Alberta) to the WSHL.

As the WSHL begins it's 8th season as a member of the Amateur Athletic Union (AAU), the WSHL is so happy to be part of the Union.



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AAU Ice Hockey - Youth Leagues

This page will continue to be updated as additional league information becomes available.

Chicago United Hockey League (CUHL) chicagounitedhockey.com	Northern Illinois & Wisconsin 8U Vice President: Tom Gullen - tom@winnetkahockey.com
Michigan Amateur Youth Hockey League (MAYHL) www.mayhl.com	Michigan & Ohio 6U - 18U Director: Lee Shifflett - mayhlinfo@gmail.com
Minnesota Made - Choice Hockey League www.minnesotamadehockey.com	Minnesota 6U - 12U Director: Todd Blackstone - toddb@mnmadehockey.com
North East Amateur Hockey League (NEAHL) www.neahl.org	Maine, Massachusetts, New Hampshire & Vermont 6U - 18U Administrator: Wes Riley - uraa@aol.com
Ontario Rep Hockey League (ORHL) https://www.orhl.net/	Ontario & New York 6U - 17U Director: Diane MacGougan - diane@orhl.net
Hockey Florida (AAU) www.hockey-florida.org	Florida 6U - 18U Keith Kloock - keith@hockey-florida.org
Hockey Club of St. Louis	Missouri 8U President: Tom Kaiman - tomkaiman@gmail.com

- leagues continued on the following page -

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AAU Ice Hockey - Youth Leagues

This page will continue to be updated as additional league information becomes available.

Great Lakes Hockey League www.greatlakeshockeyleague.com/	Illinois, Iowa, Michigan, Wisconsin 10U and 12U Tom Creal - tom@greatlakeshockeyleague.com
Rapid Fire Hockey League rapidfirehockey.com	Wisconsin & Minnesota 6U - 14U
Redline Metros (RLAC) www.rlacmetros.com	Maryland, Virginia & greater Washington DC 6U - 18U
Rochester Jr Grizzlies Hockey League	New York 7U - 8U sidomvil@mail.naz.edu

AAU Ice Hockey - Scholastic Leagues

This page will continue to be updated as additional league information becomes available.

High School Hockey League of Nassau County (HSHLNC)	Metropolitan NY http://www.hometeamsonline.com/teams/default.asp?u=HIGHSCHOOLHOCKEYLEAGUEOFNASSAUCOUNTY&s=hockey&p=home
I-69 High School League jwainio51@gmail.com or mayhlinfo@gmail.com	Michigan http://i69hockeyleague.rsportz.com/
Western New York High School Club Hockey League (WNYHSCHL)	Western NY www.wnyhschl.com

AAU Ice Hockey - UHU (Junior & College) Leagues

Ron White, United Hockey Union (Juniors) Director - (714) 502-9029

This page will continue to be updated as additional league information becomes available.

Western States Hockey League (WSHL)	AZ, CA, CO, ID, KS, MO, MT, NM, NV, OK, OR, TX, UT, WA, WY and Alberta, Canada www.wshl.org
Canadian Premier Junior Hockey League (CPJHL)	Ontario & Quebec, Canada http://www.cpjhl.com/



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AAU Ice Hockey - National Committee

National Support Staff

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AAU National On/Off Ice Program Director Mike Hartman (704) 752-8101 mikehartman100@gmail.com http://imotivators.com/	National staff member Conner Meredith (407) 828-3459 cmeredith@aausports.org

AAU Ice Hockey - Websites & Media

www.aauicehockey.org

on Twitter twitter.com/AAUIce

on YouTube

www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSg39cqmKrb-nvT

Sports for all, Forever



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AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

keith@hockey-florida.org

Published quarterly for the benefit and interest of AAU Ice Hockey participants.



AAU Inline Hockey

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www.aauhockey.org



A single low cost AAU membership will provide benefits and opportunities for events in over 40 sports including:



AAU Hockey Newsletter - NOTICE! keith@hockey-florida.org

AAU Hockey - League and Tournament Operators

Please be aware that the next edition of the **AAU Hockey - Newsletter** is scheduled to be published on August 1st 2019. The deadline for submission of League Articles and/or Flyers will be July 15th 2019.

Similarly, we also try to publish our **AAU Hockey - Tournament Guide** at the same time, with the same deadline. However, we do try to provide the Tournament Guide earlier, so it's wise to get listed sooner.

These August editions are probably the most important Newsletter and Tournament Guide of the season. Because our Members, Coaches, Teams are hoping to make their plans for the season at that time.

League Operators:

- Each season there are Coaches and Teams who are not even aware that a local AAU Hockey League is available within their area (especially at the 6U, 7U and/or 8U age classifications, where often times people are only just learning that most other local programs do not even permit **Full-Ice "Real Hockey"**). When they begin searching for options, our Newsletter may very well be the only source for information that they find.
- It is important for all of our AAU Leagues to provide a Flyer and/or Article concerning the start of their season. Basically a notice about the league calendar, organizational meetings and/or how to contact-join the league. Clearly this is all about growth, but it's also about providing better service to potential new teams and potential new members looking for teams.

Tournament Operators:

- Each season we ask our AAU Tournament Operators to provide complete information (not flyers). We create our AAU Hockey - Tournament Guide to help our Members, Coaches & Parents in planning their season.
- This makes the August Tournament Guide by far the most important edition of the season. And yet, each season many Tournaments miss out simply because they haven't provided their info.
- Tournament operators need to provide all information, so that our members can compare the various tournaments. FYI, I absolutely refuse to list any tournament without all details such as:
 - ⇒ **dates & location, age classifications (such as 7U, 8U, 10U, 12U, 14U, etc), minimum number of games, Period length, and most importantly, cost.**

- see format example below -

AAU Early Bird - (Grinder Hockey) 7U & 8U - Travel A-AA	Sep 21, 2018 Sep 23, 2018	\$995	Fraser, MI 12x12x15 - 4-gm min	www.grinderhockey.com
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